

Mary Wise

menu and shopping guide

California Honey Very Tasty

When warm summer days roll around we all forward to serving brunch or supper on the patio.

Hurry, hurry menus are always popular. It's easy to build them around colorful fresh fruit salads and the convenient turkey roll. The roll it all meat, easy to roast ahead, glaze if desired, then cool and slice without waste.

For the fresh fruit salad, you can use your own ideas. Our western markets offer a wide variety of fresh fruits a most of the year. The hostesses who thoughtfully plans her brunch or supper menu has a golden opportunity to use the salad two ways. When

purchasing the fruits, consider both color and flavor contrasts. For an artistic fruit salad, arrange the drained chilled fruits on a flat tray lined with crisp romaine lettuce. Place the salad in the center of the table and it doubles as a center piece.

As a suggestion... try a salad of ruby red strawberries and fresh or canned pineapple. They add a special touch to your favorite melon wedges. Use fresh golden orange slices or pieces as a touch-up flavor for the banana rounds that have been lightly dipped in honey and coconut.

Decorative food picks allow

the guests to decide whether they prefer their fruit with or without dressing. For those that enjoy dressing the salad, here is a recipe guaranteed to do good things to fruit.

HONEY-ORANGE DRESSING

- 1 (3 ounce) package cream cheese
- 1 to 2 tablespoons honey
- 2 tablespoons mayonnaise
- ½ cup dairy sour cream
- 1 tablespoon fresh orange juice
- 1 tablespoon freshly grated orange peel.
- ¼ teaspoon salt

Blend cream cheese, honey and mayonnaise. Add remaining ingredients and stir until well-blended. Chill before serving. Yield, approximately 1 cup.

LEMON GLAZED TURKEY ROLL

Roast boneless turkey roll (4 to 6 pounds) according to package directions. About one half hour before turkey is done, combine 2 teaspoons freshly grated lemon peel and ½ cup fresh lemon juice with ½ cup honey. Brush over turkey roll and continue roasting until done, basting two or three times while roasting. Yield: 12 to 16 servings.



Home Baked Onion Bread Is Tops

Home baked Onion Bread is always a winner. Don't cringe and worry about the time involved at the mention of home-baked bread. Young and old moderns, who are in tune with the fast pace of today, but still love the old-fashioned flavor of good food, will enjoy making this flavorful, mouth-watering Onion

Bread. You'll be proud when family and guests ask for more.

Thanks to Bridgford frozen ready-to-bake bread, it's as modern and simple as the mini skirt with that delicious "grandmother cooking" goodness.

A great complement to any salad, meat of the day, or

just to eat alone. Be sure to serve it hot from the oven. You'll relish the steaming goodness of onions, butter, cheese, and crunchy poppy seeds mixed into fresh hot baked bread.

ONION BREAD

- 1 loaf (1 lb. Bridgford frozen ready-to-bake bread)
- 2 tbsp. instant minced onions
- 2 tbsp. water
- 2 tbsp. butter or margarine
- 1/3 cup grated cheddar cheese
- 1 tbsp. poppy seed
- 1 tbsp. Parmesan cheese
- 2 tbsps. cornmeal
- 1 egg lightly beaten

Additional poppy seeds

Place frozen loaf in a plastic bag (can use bread bag) or spread with melted butter or shortening to keep surface moist. Thaw until soft and pliable at 90 deg. F to 150 deg. F. (1 hour or more) or thaw in the refrigerator overnight (8 to 12 hours). On lightly floured board, roll dough to an 8x12-inch rectangle. Soak onion in water for 5 minutes to reconstitute. Cook onions in butter or shortening, spread on bread dough. Sprinkle dough with cheddar cheese, poppy seeds, and Parmesan cheese. Beginning with the 12-inch side, roll like a jelly roll. Bring ends together to form a circle or oval. Place on a greased baking sheet which has been sprinkled with cornmeal. Cover and let rise in a warm place until doubled (about 45 minutes). Brush with egg. Sprinkle with poppy seeds. Bake 350 deg. F. 20 to 30 minutes or until done.



Booklet Reveals Benefit Changes

Copies of a new booklet describing the recent improvements in social security disability insurance protection are now available at the Torrance Social Security office.

The booklet, entitled "Recent Improvements in Social Security Disability Insurance Benefits," is available free of charge. Miles A. Davis, Social Security district manager, said today that nationwide more than 165,000 persons were made immediately eligible for disability benefits under the amendment signed into law by President Johnson earlier this year. Millions more, he pointed out, have increased disability insurance for themselves and their families.

About 100,000 of those newly eligible for disability payments ranging from \$55 to \$400 a month are younger people. Davis said—disabled workers and their dependents. Their eligibility results from a change in the law substantially reducing the amount of work required for the payments of benefits to workers who become totally disabled before they reach 31.

Until now, the work requirement for younger dis-

abled workers was the same as for older workers—social security credit for at least five out of the 10 years before the worker's disability began.

Under another change, about 65,000 disabled widows 50 and over were made eligible for reduced monthly benefits. Before this change in the law, they would not have been eligible for payments until they reached 60 or 62.

Widowers age 50 and over and severely disabled may also qualify for these disability benefits. Davis pointed out, if they were dependent upon their wives for at least one-half their support. In certain cases, divorced wives of workers who have died may also be eligible.

The new booklet, Davis said, gives more details about new categories of disability benefits and other changes in the disability provisions of the social security law.

A social security representative may be sent to counsel shut-ins.

Marine Cpl. Terry M. Henze, son of Mr. and Mrs. Jack Henze of 25907 Oak St., Lomita, is serving with the First Engineer Battalion, First Marine Division, in Vietnam.

...Spot Checking

(Continued from Page C-6)

course, another attraction at this enjoyable desert spot. Among the Torrance folk taking advantage of fun in the sun at The Biltmore was the Chamber president, Larry Bowman, along with J. Walker Owens, executive vice president of the Chamber, and George Post, vice president of the United California Bank.

One of the feature attractions at the Biltmore is the complete privacy of which you may avail yourself if you so desire. Each couple is provided with individual cottages where you may completely relax for the entire weekend. Or week, for that matter. Or even all season, if you're fortunate enough to be able to take that much time off from your regular duties in L.A.

Make the Safari down there soon and meet some fine people.

Had an occasion to drop into the Sands Lounge at 4721 Torrance Blvd. last Friday night and was impressed with some of the great sounds coming from the bandstand.

It's the Ernie Del Trio nightly and they put out some exciting music, for all types, be it jazz, rock or just nice old schmaltz. But let's not knock that last! It's highly danceable and we were somewhat amazed that there weren't more people on the floor.

Ernie plays a whole mess of drums while Jim goes with lead guitar and Ray swings along with the bass. A most enjoyable group and possibly the reason there weren't more dancers on the floor was that it was a bit early when we dropped by. The Sands is probably one of those spots that get's a late start, especially on a Friday night.

It's not a large dance floor here but there's ample space. Try it soon!

What's your bag? Is it clam chowder? Or is it turtle soup? Now don't knock it! And there is a difference!

True, it is all seafood but don't say that to the folks at Millie Riera's Seafood Grotto in Redondo Beach. At the last tabulation, the turtle soup is away out in front. (And the turtle started later!)

And at Millie's they spruce the turtle soup up with a short shot of sherry wine, plus other little touches known only to the Riera family... and they ain't talkin'. Make it by there soon and enjoy seafood at its best!

Winner Named

Mrs. Thomas Holland has been named winner of the annual M.O.S.T. Award for Merit and Outstanding Service by South Towns chapter, Sweet Adelines Inc.



When stuffed with Mrs. Cubbison's ALL PURPOSE DRESSING (recipe on the package)

FOR GOODNESS SAKE! Eat Honey!

FRENCH TOAST, BROILER STYLE

Double for the Crowd!
Beat 2 eggs slightly. Stir in ½ cup milk and 2 tablespoons honey. Dip 6 slices of bread in mix. Broil on greased broiler pan or in skillet. Broil until light brown, turn and finish broiling. Serve hot with orange flavored honey butter, made by creaming together ¼ cup butter with ¼ cup honey, 1 tablespoon fresh orange juice and a little fresh orange peel.



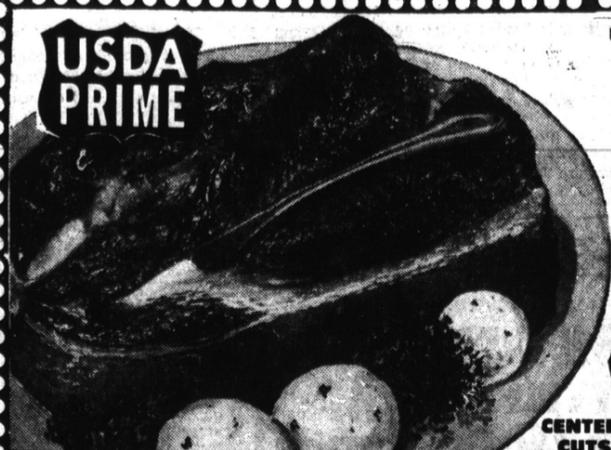
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